

Spring Steen

拍數: 40 牆數: 4 級數: Improver
編舞者: Linda Williams - July 2012
音樂: Springsteen - Eric Church



Rock, Recover, Rock Recover, Cross and Heel, Cross and Heel

- 1-2& Rock forward on Right, Recover back on Left, (&) step on Right
- 3-4& Rock forward on Left, Recover back on Right, (&) step on Left
- 5&6& Cross Right foot over Left, Step back on Left, Touch Right heel forward, Step Right next to Left
- 7&8& Cross Left foot over Right, Step back on Right, Touch Left heel forward, Step Left next to Right

Shuffle Right, Shuffle Left, ½ Turn, ¼ Turn

- 1&2 Shuffle forward Right stepping RLR
- 3&4 Shuffle forward Left stepping LRL
- 5-6 Step forward on Right, Pivot ½ turn Left, Step on Left
- 7-8 Step forward on Right, turn ¼ turn left, Step on Left

Cross Side, Sailor Step, Cross Side, Sailor Step

- 1-2 Cross Right over Left, Step Left to Left Side
- 3&4 Cross Right behind Left, Step Left to Side, Step Right to Right Side
- 5-6 Cross Left over Right, Step Right to Right Side
- 7&8 Cross Left behind Right, Step Right to Side, Step Left to Left Side

Kick and Touch, Kick and Touch, Kick and Touch, Kick and Touch

- 1&2 Kick Right foot Forward, Step on Right, Touch Left toe to Left Side
- 3&4 Kick Left foot Forward, Step On Left, Touch Right toe to Right Side
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

Rock, Recover, Shuffle ½ Turn, Rock Recover, Shuffle ½ Turn

- 1-2 Rock Forward on Right, Recover to Left
- 3&4 Turn ½ turn Right shuffling RLR
- 5-6 Rock Forward on Left, Recover to Right
- 7&8 Turn ½ turn Left shuffling LRL

Begin again and have fun.
